

## Simple Ways to Seek and Demand 5 A Day

### At your favorite restaurants:

- **Ask** the manager to expand the menu to include more fruits and vegetables.
- **Ask** the manager to allow customers to choose alternative side dishes to chips and fries, such as fruit salad or lightly marinated cold vegetables.
- **Ask** for fruit and vegetable substitutes or unique dishes — just because it's not on the menu doesn't mean it's not in the kitchen.
- **Make** a point of telling chefs or restaurant managers that you appreciate their efforts when working off the menu for you.
- **Ask** the manager to better prepare the wait staff for questions concerning the nutritional value of the foods they serve.
- **Encourage** your friends to patronize restaurants willing to go out their way to serve more fruits and vegetables.

### At school/work:

- **Suggest** to your teachers or management that your school or workplace hold a "5 A Day Challenge" contest during 5 A Day Week, encouraging everyone eat at least 5 servings of fruits and vegetables every day. Those who eat at least 5 A Day can be eligible for a prize or put in a lottery.
- **Tell** your school/work foodservice director that you want more healthy options in the vending machines. Pass up the high-fat items in the machines and opt for low-fat choices like an apple, raisins, or 100 percent fruit juice.
- **Ask** your school/work foodservice director to create a salad bar in your cafeteria, or offer pre-made green salads for lunch.
- **Suggest** that people bring a recipe or a snack to share that features a creative way to eat more fruits and vegetables.
- **Create** a healthy fruit or vegetable recipe when asked to "bring a dish" for a group function.
- **Spread the word** among your other workers or schoolmates: Eating 5 A Day is one of the best things you can do for overall better health — it will help you feel and look better.

### At home:

- **Stock up** by filling your shelves with canned and dried fruits and vegetables, your freezer with frozen fruits and vegetables, and your refrigerator with fresh fruits and vegetables.
- **Keep** fruits and vegetables visible — put them on the top refrigerator shelf, and display them on the counter or kitchen table.
- **Experiment** by picking out a new type of fruit or vegetable every time you go to the store.
- **Savor** the season — enjoy the availability and often more reasonable prices of in-season produce; try farmers markets or roadside stands.

### Making your needs known:

- **Encourage** local restaurants to incorporate more fruits and vegetables into their menus by speaking to the manager, writing them letters, or dropping a note in the "suggestion box."
- **Challenge** your friends and coworkers to see who can eat the most servings of fruits and vegetables per day during National 5 A Day Week.